



# Prevention And Wellness

## SCDDSN PREVENTION AND WELLNESS COMMITTEE

Welcome to the Prevention and Wellness newsletter developed by South Carolina Department of Disabilities and Special Needs Prevention and Wellness Committee. The mission of SCDDSN includes assistance to "minimize the occurrence and reduce the severity of disabilities through prevention".

## Steps To Your Health

As part of the South Carolina Disabilities and Health Project, the USC School of Medicine developed the Steps to Your Health (STYH) curriculum and demonstrated it to be effective in improving health and preventing secondary debilitating conditions in people with mental retardation and related disability. The STYH curriculum was also adapted for use with people with traumatic brain injury and similar disability. STYH training and associated activities target nutrition, exercise, stress management, behavior modification, and communication as areas that people with disabilities can acquire knowledge and skills to maintain wellness. The goal is to achieve lasting positive lifestyle changes. Data is collected to demonstrate increased awareness and improved health practices by the participants.

SCDDSN is committed to incorporation of the STYH curriculum and approaches (or other evidence-based health education programs) into regular agency services and



funding streams. It can be a component of Residential Habilitation, Day Habilitation, Center-based or Individual Rehabilitation Supports, summer services, recreation programs, or self-advocacy group activities. There is no cost to providers that want to participate.

To date, the following counties have participated in Steps to Your Health: Charleston, Fairfield, Orangeburg, Marlboro, Lee, Greenville, Calhoun, Colleton, Beaufort, Horry, Marion-Dillon, Georgetown and Richland.

CDC has awarded USC School of Medicine a 3-year federal grant to conduct a formal efficacy trial of the Steps to Your Health program beginning in October 2006. In partnership with SCDDSN and local providers, 450 adults with mental retardation, autism, or brain injury will be recruited and assigned to either an intervention or a control group. Eventually, all persons in both research groups will have the opportunity to participate.

### If interested, contact:

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## Prevention and Wellness Resources Are Available

The SCDDSN Prevention and Wellness Resource Room has information and resources that are available to staff of the SCDDSN provider network and other community groups interested in prevention and health promotion. Many of the items are free and a select few are available on loan. Resources

include information about prevention of traumatic brain and spinal cord injuries and neural tube defects, healthy pregnancy and child development, motor vehicle and passenger safety, bicycle safety, home and fire safety, and poisoning prevention. There are manuals, videos,

booklets, fact sheets, posters, Injury prevention curricula and promotional items for *Steps to Your Health* such as pens, pencils, magnets, water bottles, pedometers, pill boxes, exercise videos, and brochures. The room, which is located on the Midlands Center campus in Columbia, is opened by request by calling (803) 898-9422.



**Prevention and Wellness  
Resource Room**

## Injury Prevention Projects - Head and Spinal Cord Injury Division

Each year, the HASCI Division funds several modest community-based injury prevention demonstration projects that are selected through an annual competitive process. Each project receives \$2500 to help support collaborative community activities.

In FY-07, the following projects were funded:

**Phoenix Services at Babcock Center** used the funding to present a seminar on Sports Concussions at the SC Recreation and Parks Association's annual conference on December 4th in Myrtle Beach.

**Safe Kids– Upstate** purchased two robots “Maggie and Bernie” for use in delivering safety messages to children about the importance of bike helmets and child seating restraints.

**Bamberg DSN Board** sent 6 employees to Child Passenger Safety Technician classes and purchased car seats. Bamberg plans to offer free car seat inspections in the community.

### Brain Injury Alliance of South Carolina

used the funding to begin a statewide awareness campaign to educate the public in the extent, scope and implications of brain injury. The funding was used to purchase exhibits for use at community events.

**Tri-Development Center** used the funding to promote and increase child safety restraint usage in Aiken County.

### Greenville County Disabilities and Special

**Needs Board** purchased displays and demonstration materials for use at health fairs and concussion prevention seminars.

If you would like additional information about the Injury Prevention Project funding, please contact Trish Rhodes, the staff contact at the Head and Spinal Cord Injury Division, (803) 898-9422.

Look at the Winter Newsletter for FY-08 projects.



“Maggie the Robot”

SCDDSN would like providers to give input for future topics on prevention efforts and/or share what they are doing to promote healthy lifestyles for those they support. Please email [trhodes@ddsn.sc.gov](mailto:trhodes@ddsn.sc.gov) or call (803) 898-9422 with topic ideas.

## SCDDSN Prevention and Wellness Committee

The Prevention and Wellness Committee leads agency efforts to monitor, coordinate, and expand activities related to prevention of disabilities and health promotion. It includes representatives from policy, operations, and administrative areas.

This newsletter was developed in order to disseminate information on prevention and wellness topics to the SCDDSN network. The newsletter will also serve as a communication channel for community resources and numerous prevention and wellness initiatives that are being implemented throughout the state. It is hoped that information will be shared and used with the people served by SCDDSN and that employees will use the information to benefit their own lives. The Committee maintains an Inventory of Agency and Collaborative Prevention Initiatives, which include the following:

### Comprehensive Genetic Services

Partnership with DHHS and Greenwood Genetic Center  
SC Center for Treatment of Genetic Disorders  
Neural Tube Defects Prevention Awareness Campaign

### Injury Prevention

Coordination with DHEC Division of Injury and Violence Prevention  
SC Injury Prevention Strategic Plan  
Safe Kids South Carolina  
HASCI Division Injury Prevention Projects

### Early Intervention

BabyNet for children from birth to age 3  
EI for at-risk children ages 3-6 years

### Wellness and Health Promotion

SCDDSN Health Care Guidelines  
SCDDSN Medical Consultant Newsletters

SC Disabilities and Health Project  
Steps To Your Health

### Prevention and Wellness Resources

SCDDSN Prevention and Wellness Resource Room  
SCDDSN Prevention and Wellness Committee Newsletters  
SCDDSN Inventory of Agency and Collaborative Prevention Initiatives

### Surveillance of Disability and Injury

SC Head and Spinal Cord Injury Information System  
Neural Tube Defects Surveillance  
SC Birth Defects Program  
SC Behavioral Risk Factor Surveillance System

### Interagency Groups

State Child Fatality Advisory Committee  
SC Brain Injury Leadership Council Awareness and Prevention Committee

\* A full version of this inventory can be located on the SCDDSN website.